
MINDFULNESS PRACTICES TO HELP YOU FOCUS AND BE PRESENT



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Abstract

Mindfulness is a mental state where you focus on the present, without judging or being distracted. Mindfulness can help you feel better and reduce stress. It is a useful technique that can help you deal with difficult emotions and situations. Sometimes mindfulness is incorporated into meditation practices in Brisbane, where it is described as 'mindfulness meditation'. Here in this guide, we are sharing some great information that will help you focus and be present.



1. Introduction

Mindfulness is the practice of becoming more fully aware of the present moment—non-judgmentally and completely—rather than dwelling in the past or projecting into the future. The mind is a great tool for problem-solving, but it's not great at settling down and being with what is. Most of the time, the mind is wandering around in the past or the future rather than in the present. That means it's full of thoughts, stories, and narratives that don't necessarily have anything to do with what's actually happening at the moment.

2. What is mindfulness?

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Mindfulness is paying full attention to what is going on in you and outside you, moment by moment, without judgment. It means you observe your thoughts, feelings, and the

sensations of taste, touch, smell, sight and sound. You are also fully aware of your surroundings.

Mindfulness does not try to quiet your mind or control your experience — you just observe what is happening in the moment.

Mindfulness has its roots in Buddhist meditation principles in Brisbane. However, anyone can practise mindfulness to improve their self-awareness and wellbeing.

When am I not mindful?



Many people have routines in their daily lives, such as waking up and going to work or school. If you are doing something familiar in customary surroundings, you may tend to operate on autopilot and not notice what's actually going on.

For instance, you might eat a whole packet of chips in front of the TV without actually noticing the taste. You may read half a page of a book and then realise that you haven't taken any of it in.

Some people spend a lot of time thinking about the past or worrying about the future. Being caught up in your thoughts may even make it hard to fall asleep at night.

Mindfulness helps you to put some space between negative thoughts and feelings and your reactions, such as rumination or anger.

What are the benefits of mindfulness?

Mindfulness is a way of training yourself to focus your attention in a certain way. It can help you in your day-to-day life, work, relationships and overall wellbeing.

Wellbeing and stress relief

Stressful thoughts come and go. Without being mindful in Brisbane, you may react to these stressful or negative thoughts and feelings. It's easy to be drawn into rumination — where you dwell excessively on problems and worries about the past and the future.

Practising mindfulness may help to anchor you in the present, where you can observe your thoughts and feelings without chasing them and without judgement. With mindfulness, you can learn to simply observe these thoughts and try not to follow them or get caught up in them. This can help reduce stress and anxiety.

Relationships

Being mindful may help enhance relationships. In a busy life, you may get distracted during interactions with close friends and family. Being more mindful may help you to connect better with people.

Mental health

Mindfulness can help manage many mental health conditions, including depression, anxiety, addiction and eating disorders. It can also help with anger management.

Weight loss



Mindful eating is a technique that focusses your attention on the experiences of eating and hunger, allowing you to identify eating triggers and reducing the chance of binge eating. Mindful eating can help with weight loss and with some eating disorders.

Chronic pain

Mindfulness can help with musculoskeletal conditions and chronic pain. If practised regularly it can help with sleep, mental health and mood.

Cancer

Mindfulness meditation has been shown to improve the quality of life of people with cancer. It can reduce pain, anxiety, depression and nausea, and also can improve immune function. Many Australian cancer organisations run free mindfulness courses in Brisbane for people with cancer.

Sleep

Mindfulness can help create a mental environment that is conducive to sleep. It can help when you are having stressful thoughts about not being able to sleep and where you have anxiety about falling asleep.

3. Benefits of Mindfulness



When I tell people that I'm a lawyer who teaches other lawyers and professionals to practice mindfulness and meditation, I get a lot of puzzled looks. Lawyers may seem like an unlikely

group of professionals to practice mindfulness and meditation, but there's a growing number of law schools and law firms teaching these tools for improved focus/concentration, emotional regulation and the many other scientifically proven benefits. Other professionals, especially in the tech world, are also using this ancient practice to improve leadership skills and collaboration, and to decrease healthcare costs.

1. Mindfulness Reduces Anxiety

I started practicing mindfulness and meditation because of debilitating anxiety. Much of the work I do as a lawyer requires anticipating all the bad things that can happen in a case—conditions ripe for anxiety. In a 2013 Massachusetts General Hospital study, 93 individuals with DSM-IV-diagnosed generalized anxiety disorder (GAD) were randomly assigned to an 8-week group intervention with mindfulness-based stress reduction (MBSR) or to a control group, stress management education (SME). The group that went through the MBSR program was associated with a significantly greater reduction in anxiety.

2. Mindfulness Meditation Reduces Implicit Age and Race Bias

Humans naturally rely on established associations and cognitive shortcuts to navigate through the world. Some shortcuts are necessary—for example, knowing your bias towards what you prefer to eat for breakfast. However, these associations can be destructive when it comes to certain biases, especially related to age and race. In the criminal law context, for instance, it's crucial that everyone involved in the system, from police officers, prosecutors and defense attorneys to the judges, be mindful of their own biases.

3. Mindfulness-Based Cognitive Therapy (MBCT) May Prevent And Treat Depression

Mindfulness-based cognitive therapy (MBCT) combines elements from mindfulness-based stress reduction (MBSR) and cognitive behavioral therapy (CBT). According to Psychological Association in Brisbane, “MBCT is an eight-week, group-based program that incorporates mindfulness exercises including yoga, body awareness and daily homework, such as eating or doing household chores, with full attention to what one is doing, moment by moment.”

4. Increase Body Satisfaction

Body dissatisfaction is a major source of suffering among women of all ages. In a study by researchers Ellen R. Albertson, Kristin D. Neff and Karen E. Dill-Shackleford, women were assigned to either a meditation intervention group or a control group. Those in the intervention group received three-week self-compassion meditation training. Compared to the control group, the women in the intervention group “experienced significantly greater reduction in body dissatisfaction, body shame and contingent self-worth based on appearance, as well as greater gains in self-compassion and body appreciation.” Interestingly, these effects were maintained three months later.

5. Mindfulness Meditation Improves Cognition

MBSR is a popular eight-week mindfulness training course. However, the program simply isn't practical for many due to the time and financial commitment. Fortunately, some researchers are finding that even short mindfulness training may improve cognitive abilities.

6. Mindfulness Meditation Help The Brain Reduce Distractions



Training the mind to focus and concentrate is becoming more critical than ever in this 24/7 world where our attention is being pulled in 100 different directions at once. In a Harvard study, researchers reported that “brain cells use particular frequencies, or waves, to regulate the flow of information in much the same way that radio stations broadcast at specific frequencies. One frequency, the alpha rhythm, is particularly active in the cells that process touch, sight and sound in the brain’s outermost layer, called the cortex, where it helps to suppress irrelevant or distracting sensations and regulate the flow of sensory information between brain regions.”

If you are curious about mindfulness and meditation in Brisbane, commit to a daily practice. Start by committing to a timeframe that you can easily achieve (for example, 2-10 minutes per day). After practicing for a week, reevaluate and see if you'd like to meditate longer (or perhaps shorter). The most powerful proof of whether these practices will “work” for you isn't a study, but direct experience. So, give it a try and see for yourself.

4. Mindfulness Activities to Reduce Stress and Increase Calm



When we are stressed-out, sad, anxious, irritated, or angry, we typically want those feelings to just disappear. This is natural. It can be difficult to sit with uncomfortable emotions, especially when we feel like there's no way out. We might try to drown them out with Netflix, work, exercise, or Oreos. Or maybe we try to blast out the blues with positive affirmations or pep talks in the mirror.

And while some of these activities can be helpful in the moment, denying our feelings can actually make them more intense and negatively effect our physical and mental health. So how can we healthily face and release our emotions instead of sweeping them under the rug? One way is to practice mindfulness: the practice of becoming self-aware in the present moment.

"[Mindfulness] allows us to bring a healthy discernment into our everyday experience and identify the elements of our thought, speech, and behavior that lead to suffering and those that lead to freedom," says NYC-based meditation instructor Kirat Randhawa. "Over time we can strengthen the causes for freedom and diminish the causes of suffering. Once we recognize the necessary conditions for happiness, mindfulness allows us to meet the experience with an embodied presence, thereby truly enjoying the unfolding of each moment."

While happiness and joy may not be the immediate results of doing a mindfulness exercise, doing them consistently can help put an end to excessively ruminating on the past and worrying over the future.

"Mindfulness is the practice of being at ease with what is," she adds. "The more you practice, the easier it gets to be more accepting of whatever feelings are present."

The cool thing about mindfulness is that it can be practiced by anyone — even kids — in any place, at any time. So whether you want to learn to get in touch with your own emotions or teach mindfulness to your children, there's something out there for you. We've asked experts to round up the best mindfulness activities you can incorporate into your daily routine, share with others, or use whenever you are feeling overwhelmed. Pick a couple, try them out every day for a week, and note what you've learned about your mental landscape.

The Name Game

This game is simpler than Eye Spy and yet it can be a powerful tool to curb spiraling thoughts.

First, look around you and name three things you can hear, then two things you can see, and finally one sensation that you feel.

"By doing this, you are grounding yourself by increasing your awareness of your body and your environment," says Martinez.

Intention Setting Exercises



Before you open up your laptop and begin your usual grind, take a few moments to center yourself.

"Setting aside a little time in the morning to set intentions helps you start the day with a clear mind," says Shirin Eskandani, mindset coach and founder of Wholehearted Coaching. "This can include journaling, movement, reading, or meditation. Be flexible and do what feels best."

For specific examples, you can start with yoga and notice what your body needs in that moment, or read an uplifting book to set a positive tone for the day.

If you find that you are more of a night owl than an early bird, forming your own morning practice can feel difficult. In that case, find time in the afternoon or the evening to settle your mind. All you need is 10 minutes, says Eskandani.

Deep Breathing Exercise



The quality of our breathing tells us a lot about where our headspace is at. Chances are, if you're feeling a bit anxious, your breath may feel short, shallow, or constrained. So one simple way to relieve stress is to practice deep breathing through the diaphragm.

"Taking long, deep breaths when feeling cluttered, distracted, or ungrounded begins to relax the nervous system and draws the attention to the present moment, which in turn promotes a feeling of intimacy with the body, with the earth, and with the natural spaciousness that is inherent in each moment," says Randhawa.

If you're new to deep breathing exercises, Eskandani suggests the four count method. Breathe in for four seconds, then breathe out for four seconds. Repeat this five times.

The Wiggle and Freeze Game

This is a great activity to do with your kids, says Sarah Rudell Beach, a Mindful Schools Certified Instructor and Coordinator of Course Development at Mindful Schools. But real talk: if you want to get silly with your roomies, have at it! Let yourself go.

In this game you and your kid (or friend), wiggle, bounce around, or dance until you say "Freeze!"

"Then everyone freezes and takes a moment to notice what they can feel in their body — perhaps movement, tingling, heat, shaking, buzzing, or something else," says Beach. "You can repeat it as many times as you'd like! It's a fun way to move around, and to start cultivating a greater awareness of bodily sensations, which is a core component of mindfulness practice."

Candle Study Exercise

Light your favorite candle, sit comfortably, and watch the flame sway and flicker. "This is actually a form of meditation," says Martinez. Gaze at candle for five to 10 minutes and let your mind wander, she says. Observe your thoughts. Let them pass without judgement.

Tea Drinking Exercise

If you love drinking tea every day, why not try drinking it a little bit slower? Better yet, try drawing you attention to the sensations, smells, or sounds you observe from the moment you start brewing to the moment you finish your cup.

"Notice how it feels to make the tea, the color of the tea leaves, the sound of the kettle, the shape of the mug, the scent that arises, what the tea tastes like, and how it feels in the body as you make and drink the tea," says Randhawa. "Invite yourself to meet the activity with an embodied presence by noticing sensations that arise as you drink the tea and how often the mind wanders. Then with compassionate awareness, gently bring the mind back to the tea, back to the body, resting it in the present moment."

The Berry Challenge

When it comes to mealtime, many of us scarf down our food while watching TV, scrolling on our phones, or typing on our computers. Since we're distracted, sometimes we eat our food too fast, increasing the risk of overeating, indigestion, bloating, and gas. That's a recipe for crankiness and irritability.

So here's a challenge for you: try to eat a strawberry as slow as possible. "To begin, aim for 30 seconds to a minute," says Martinez. Notice the taste, the texture, any scent.

Gratitude List Exercise

After you wake up in the morning or before you go to bed at night, write five to 10 things that you are grateful for.

"Gratitude lists are the quickest way to ground yourself in difficult times because they help you focus on what is working," says Eskandani. "The trick, though, is to get specific. So instead of just writing down 'I am grateful for family,' try: 'I am grateful for the zoom call I had with my parents and sister last night.'"

5. Mindful Eating



Mindful eating involves paying closer attention to your food and how it makes you feel. In addition to helping you learn to distinguish between physical and emotional hunger, it may also help reduce disordered eating behaviors and support weight loss.

Mindful eating is a technique that helps you better manage your eating habits. It has been shown to promote weight loss, reduce binge eating, and help you feel better.

This article explains mindful eating in Brisbane, how it works, and what you need to do to get started.

What is mindful eating?

Mindful eating is based on mindfulness, which is a Buddhist concept.

Mindfulness is a form of meditation that helps you recognize and cope with your emotions and physical sensations.

It's used to treat many conditions, including eating disorders, depression, anxiety, and various food-related behaviors.



Mindful eating is about using mindfulness to reach a state of full attention to your experiences, cravings, and physical cues when eating.

- Fundamentally, mindful eating involves:
- eating slowly and without distraction
- listening to physical hunger cues and eating only until you're full
- distinguishing between true hunger and non-hunger triggers for eating
- engaging your senses by noticing colors, smells, sounds, textures, and flavors

- learning to cope with guilt and anxiety about food
- eating to maintain overall health and well-being
- noticing the effects food has on your feelings and body
- appreciating your food

These things allow you to replace automatic thoughts and reactions with more conscious, health-promoting responses.

Why should you try mindful eating?

Today's fast-paced society offers people an abundance of food choices.

On top of that, distractions have shifted attention away from the actual act of eating toward televisions, computers, and smartphones.

Eating has become a mindless act, often done quickly. This can be problematic since it takes time for your brain to register that you're full.

If you eat too fast, the fullness signal may not arrive until you have already eaten too much. This is very common in binge eating disorder (BED).

By eating mindfully, you restore your attention and slow down, making eating an intentional act instead of an automatic one.

What's more, by increasing your recognition of physical hunger and fullness cues, you can distinguish between emotional and true physical hunger.

You also increase your awareness of triggers that make you want to eat, even though you're not necessarily hungry.

Knowing your triggers allows you to create a space between them and your response, giving you the time and freedom to choose how to react.

Mindful eating and weight loss

It's well known that most weight loss programs do not work in the long term.

In fact, some research suggests that people tend to regain about half of the lost weight after 2 years and 80% of the lost weight after 5 years.

BED, emotional eating, external eating, and eating in response to food cravings have been linked to weight gain and regain after successful weight loss.

Chronic exposure to stress may also play a large role in overeating and obesity.

Most studies agree that mindful eating helps you lose weight by changing your eating behaviors and reducing stress.

Interestingly, one review of 10 studies found that mindful eating was as effective for weight loss as conventional diet programs.

Another study involving 34 females found that completing a 12-week training on mindful eating resulted in an average weight loss of 4 pounds (lb) or 1.9 kilograms (kg) and improved feelings of self-awareness, self-acceptance, and self-compassion.

By changing the way you think about food, the negative feelings that may be associated with eating are replaced with awareness, improved self-control, and positive emotions.

When unwanted eating behaviors are addressed, your chances of long-term weight loss success are increased.

Mindful eating and binge eating



BED involves eating a large amount of food in a short time, mindlessly and without control.

It has been linked to weight gain, obesity, and disordered eating behaviors like purging or compulsive exercise.

Practicing mindfulness and mindful eating may drastically reduce the severity and frequency of BED episodes.

In fact, one study found that mindfulness-based cognitive therapy improved eating behaviors and enhanced restraint over food intake when added to usual care in people with BED and bulimia nervosa.

6. Relationship Between Mental Health and Cleaning



When some people are feeling overwhelmed or stressed out, they might try yoga, mindfulness, or even a massage, but for others giving the shelves a quick dust, wiping down the kitchen, or even organizing the closet is just as beneficial for their mental health as using a mindfulness app.

In fact, for some people the simple sight of a clean and organized home can help them unwind and de-stress even after an overwhelming day.

Here's a closer look at the impact of cleaning on your mental health, including the benefits of cleaning and how to incorporate a cleaning schedule into your life.

Negative Impact of Clutter and Mess

Keeping your home clean and engaging in the cleaning process is good for you. In fact, research shows that cleaning—or the lack of cleaning—can have a direct impact on mental health.

Clutter May Contribute to Depression

For instance, a study published in "Personality and Social Psychology Bulletin," found that women who described their living spaces as cluttered or full of unfinished projects were more likely to be fatigued and depressed than women who described their homes as restful and restorative.¹ Researchers also found that the women with messy or cluttered homes had higher levels of cortisol.

Clutter May Lead to Decreased Focus, Confusion, and Tension

Meanwhile, a study by Princeton University researchers discovered that clutter can make it difficult to focus on a particular task. More specifically, they discovered that a person's visual cortex can be overwhelmed by objects not related to a particular task, making it harder to focus and complete projects efficiently.

In some ways, clutter and mess is linked to negative emotions like confusion, tension, and irritability while an organized home tends to produce more positive emotions like calmness and a sense of well-being.

Clutter and mess can create more stress and anxiety, but by cleaning, organizing, and reducing the clutter, people are able to take control of their environment and create a more relaxing environment that helps them focus better on the more pressing issues in their lives.

Benefits of Cleaning and Decluttering



Research has found that cleaning can have a number of positive effects on your mental health. For instance, it helps you gain a sense of control over your environment and engage your mind in a repetitive activity that can have a calming effect.

It also has been found to improve a person's mood as well as provide a sense of accomplishment and satisfaction. There are a number of reasons why cleaning can help you destress. Here's an overview of some of the benefits of cleaning and decluttering your home or office.

Cleaning Can Benefit Physical Health

A clean home also impacts your physical health. According to a study by NiCole Keith, PhD, a research scientist and professor at Indiana University, people with clean houses tend to be healthier than those with messy or cluttered homes.⁴ In fact, cleanliness was even more a predictor of good health than the walkability of a neighborhood.

Gain Control of Your Environment

When people feel like their life is out of control or they are struggling with some uncertainties, cleaning can be a way to assert some control in their life. Cleaning gives people a sense of mastery and control over their environment.

In fact, a study by the University of Connecticut found that in times of high stress, people default to repetitive behaviors like cleaning because it gives them a sense of control during a chaotic time.

What's more, clutter and disorganization can be really distracting and make it hard to focus or complete other projects and you can start to feel stuck in a rut. So, if you're feeling an urge to clean and declutter when you're stressed, your mind and body is probably looking for a way to bring some order to your environment.

Improve Your Mood



Aside from the benefits of having a cleaner home, the relationship between a clean house and mental health can help you reduce your anxiety.

What's more, studies have found that having clean sheets and making your bed are associated with a better night's rest. And, when you get more rest, that provides a whole host of mental health benefits including an improved mood.

Additionally, the Anxiety and Depression Association of Brisbane indicates that the physical activity of cleaning coupled with the end result of a cleaner home helps reduce stress, feelings of anxiety, and depressive symptoms. Cleaning can also reduce fatigue and improve concentration.

Increase Your Focus

When your home is cluttered, messy, or exceptionally dirty, the chaos that the mess creates can impact your ability to focus. The clutter also limits your brain's ability to process information. In fact, researchers have discovered that people are less irritable, less distracted, more productive, and better able to process information with an uncluttered and organized work area.

If you're having trouble focusing on a project, you may want to try decluttering your workspace first. You might find that devoting just a few minutes to organizing your things and clearing away any mess may make it easier for you to concentrate and get your work completed.

Limiting the number of possessions you own can have the same impact because it reduces the number of things vying for your brain's attention.

How to Incorporate Cleaning Into Your Life



Whether you are struggling with depression, have a new baby, or just have a chaotic life, the concept of cleaning and decluttering can seem like an overwhelming task that is simply outside of your reach right now. In fact, many people wrestle with whether or not cleaning should be a priority.

But, knowing that having a cleaner environment will help improve your mood and make your life more peaceful, it might be worth pursuing. Here are some ideas on how to incorporate cleaning into your life.

Start Small

Most people put off cleaning because the task seems way too big to tackle. But instead of expecting to get the entire house into order in one weekend, start small and do just a little bit each day. In other words, commit to doing one thing around your house or apartment each day and before you know it, your environment will be much cleaner and less stressful in no time.

For instance, pick one thing you want to do each day and then follow through. One day you might go through all of your mail. The next day you might clean the toilet and wash the bathroom sink. The next day you might clean off the kitchen counter, and the next day you might pick up all the clothes scattered around the house and put them in a laundry basket.

The key is that you don't make your to-do list bigger than what you can mentally handle or you will just increase your stress rather than reduce it.

Set a Timer

Another option for getting a cleaning routine started is to set a timer and see how much cleaning you can get done in that time period. Or, you can use the time blocking method for scheduling to manage your cleaning.

If you would prefer, you could start in a bedroom, instead of the living area. This way, your cleaning will help you create a more peaceful environment that will help you sleep better that night.

Even though setting a time for a few minutes may not seem like much time, you can accomplish a lot more than you might imagine. Plus, you aren't overwhelming yourself by thinking that you have to devote three hours of your Saturday to cleaning. You get what you can done and then you move on to something else.

Involve Others

Sometimes you are at a point in your life where cleaning is just not something you can handle on your own. Maybe you're recovering from a major illness, running your own

business, raising a house full of kids, or trying to work and go to school—whatever your situation, if you know you cannot possibly accomplish everything that needs to be done without help, then you should consider involving others.

Ask Friends and Family For Help

Although asking for help may be hard, most people are willing to help you if you ask. So, talk to your partner, enlist your kids, or ask a friend or family member if they will help you get organized. Plus, it's a lot easier to tackle big projects when you have the help of others.

Get Outside Help

And, if you have room in your budget, you also could consider hiring someone to clean your house once or twice a month. To keep costs down, consider having them do the hard tasks like cleaning the bathrooms only and then clean the other areas of your home on your own.

You also could consider getting a robot vacuum so that you don't have to worry about the floors. Look for ways to simplify the cleaning that needs to be done and it will become more manageable over time.

When Cleaning Becomes a Compulsion



Although there is nothing wrong with being a neat freak and looking to cleaning as a way to calm your nerves and destress, it does become an issue when your cleanliness and need for order in your home starts to become a compulsion.

For instance, if you won't go out with your friends or you cancel plans because you haven't finished all your cleaning tasks for the day or week, then that could be a red flag that your desire for a clean home has become a compulsion.

Likewise, cleaning can become an issue if it's impacting your physical health, feels a little obsessive, or is interfering with your schedule like making you late for work or school.

6.1. Why Cleaning Your House Regularly Is Important?



House cleaning is a challenging, time-consuming and unpleasant chore for most people. However, you can make it a little easier for you by following the right approach.

One of the biggest mistakes you make is including dusting and vacuuming in your weekly and monthly chores due to a hectic schedule. That makes the cleaning task more difficult and deteriorates the hygiene level of the home, leading to bacterial infections and other health issues.

Therefore, you should clean your house regularly. All you need is around 30 minutes daily or even less to give your home a quick clean. People who have a hectic schedule often opt for experienced bond cleaners in Brisbane, and it is an excellent way to keep your house clean.

Although the professionals are highly recommended to clean a rental property at the end of the lease period, you can contact them anytime to clean your home.

If you wonder why cleaning your house regularly is important, here are some benefits you should know about.

Make Weekly Cleaning Easier And Quicker

When you clean your home on a regular basis, it prevents the build of dirt and dust. So, the household surfaces remain clean for a longer period. It makes your weekly cleaning chores a lot easier and quicker. Take a microfibre duster to wipe the furniture, photo frames, study table, etc.

Also, wipe the stovetop, countertop and appliances after making your meal. Do not forget to sweep and mop the floors at last. It is the correct order to clean a house.

Save Money On Cleaning Supplies



When you clean your house regularly, you won't have to deal with any stubborn dirt and stains. React immediately to clean the pet accidents, spills and other similar things. The longer you wait to clean spills, the more difficult it becomes to remove them.

When you do not have any stubborn dirt to deal with, you will not require any tougher or more costly store-bought cleaners. As a result, you will save money on your cleaning supplies.

A Good Habit To Develop

Keeping your home perfectly clean and organised is an excellent habit that everyone must develop. So, by cleaning your home regularly, you gradually develop a good habit that helps you in many ways. If you have kids, then they also get motivated by seeing their parents making efforts to keep their surroundings clean. As a result, they also learn this vital skill.

Keeps Out Pests

When you avoid cleaning your kitchen regularly and leave it for the weekend, you make a mistake. Rodents, bugs and other pests get attracted to food particles, spills, and other food sources. Besides pests, it also promotes the growth of germs and bacteria.

So, when you clean your cooking areas properly and regularly, you successfully keep the pests out of the house. If you want them to keep away for a longer period, clean the home professionally. Contact professionals who offer detailed house cleaning Brisbane.

Reduce Stress

Searching the lost items in different rooms and dealing with the kitchen or bathroom that stinks can be frustrating, which can increase your stress level. Even if you ignore the dusting and vacuuming, your subconscious mind knows some important task is pending.

So, you do not get the peace of mind you need or deserve. When you clean the house regularly, you minimise your stress level and improve your mood, so you stay happy.

Improves Indoor Air Quality



When you clean your household surface, the indoor air quality improves, making your house a better place to breathe. So make sure that you dust on the furniture surface and vacuum the pet hair and dirt from upholstery and carpets.

To improve the ventilation, you can open the door and windows for some time as it will allow the fresh air to enter the house. You can also install an air purifier as it is one of the simple house cleaning hacks.

Prevent Infections, Allergies And Sickness



The biggest disadvantage of avoiding cleaning tasks regularly is it promotes the germs and bacteria that lead to various bacterial infections and other health issues.

So, after giving your home a quick cleaning, you must disinfect the high touch points in your home. It includes the door knobs, handle of the appliances, light switches, toilet flush lever, faucets, etc. The germs and bacteria usually spread among family members from these spots.

It Is Easier To Find Things

Another reason you must clean your home regularly is that it will keep your room organised. As a result, you will be able to find your thing easily and quickly. To keep your home clean and organised, it is advisable to get rid of excess or unwanted items from time to time. It will make regular dusting easier for you.

Conclusion

Even though the name may seem like a contradiction, mindfulness is a way to empty the mind, not fill it. It can be a beautifully simple, universally accessible, and absolutely free way to show up to the present moment in Brisbane. Practiced regularly, it can lead to a richer and more vivid experience of the gift of being alive. This guide can help you practice mindfulness in Brisbane and keep you happy and motivated.

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